



## **HSA Requirements – School Nutrition and Wellness**

### **Funding for Healthy School Meals**

Under section 102 of the HSA, the Healthy Schools Act Fund shall be used to provide additional funding for school meals, including ten cents for each breakfast and lunch meal that meets the requirements of sections 202 and 203 of the HSA, forty cents for each lunch meal served to a student eligible for reduced-priced lunch, and five cents per day for a local item served as part of either breakfast or lunch.

### **Nutritional Standards for School Meals**

Under section 202 of the HSA, all breakfast, lunch, after-school snacks and suppers, and summer meals served to students in public schools, public charter schools, and participating private schools or by organizations participating in the Afterschool Meal Program or the Summer Food Service Program shall meet or exceed:

- 1) Less than 10% of calories from saturated fat,
- 2) Zero grams of trans fat,
- 3) Sodium requirements as follows:
  - a. Breakfast: <430 mg for K-5, <470 mg for 6-8, and <500 mg for 9-12
  - b. Lunch: <640 mg for K-5, <710 mg for 6-8, and <740 mg for 9-12
- 4) And the serving requirements of the USDA's HealthierUS School Challenge program at the Gold Award Level for vegetables, fruits, whole grains, milk, and other foods served in school meals.

### **Promote Healthy Eating to Students, Faculty and Staff**

Under section 203 of the HSA, schools shall promote healthy eating to students, faculty, and staff.

### **Availability of Cold, Filtered Water**

Under section 203 of the HSA, all DCPS, PCS, and participating private schools are required to make cold, filtered water available free to students, through water fountains or other means, when meals are served to students in DCPS and PCS.

### **Sufficient Time during the Lunch Period**

Under section 203 of the HSA, schools are required to provide at least 30 minutes for students to eat lunch and sufficient time during the lunch period for every student to pass through the food service line.





### **Healthy Vending, Fundraising, and Prizes in Schools**

Under section 206 of the HSA, all beverages and snack foods provided by or sold in public schools, public charter schools, or participating private schools or provided by organizations participating in the Afterschool Meal Program, whether through vending, fundraisers, snacks, afterschool meals, prizes, incentives, awards, or other means shall meet the requirements of the USDA's HealthierUS School Challenge program at the Gold Award Level.

### **Third-Party Food Sales**

Under section 206 of the HSA, public schools, public charter schools, and participating private schools shall not permit third parties, other than school-related organizations and school meal service providers, to sell foods or beverages of any type to students on school property from 90 minutes before the school day begins until 90 minutes after the school day ends.

### **Food Advertising**

Under section 206 of the HSA, foods and beverages that do not meet the nutritional requirements shall not be advertised or marketed in public schools and public charter schools through posters, signs, book covers, scoreboards, supplies, equipment, or other means.

### **Local Wellness Policies**

Under section 601 of the HSA, each LEA shall collaborate with parents, students, food service providers, and community organizations to develop, adopt, and update a LWP which shall be revised once every three years. Each LWP shall be reviewed by OSSE to ensure that it complies with federal requirements and OSSE shall examine whether schools comply with their policies. Section 204 of the federal Healthy, Hunger Free Kids Act of 2010 (HHFKA) strengthens LWPs by adding requirements for public participation, transparency, and implementation.